

# exercise class programme

## Uckfield Leisure Centre

Accurate as of 04/05/2024

### Times for Saturday 19 August



Time	Session	Facility	Instructor	Level
9:00 am - 10:00 am	Legs, Bums & Tums	dance studio	Sally	all levels
9:00 am - 10:00 am	Freedom Indoor Cycling	gym		all levels
10:10 am - 11:10 am	Body Pump	dance studio		all levels
11:15 am - 12:30 pm	Yoga	dance studio	Luc Best	all levels